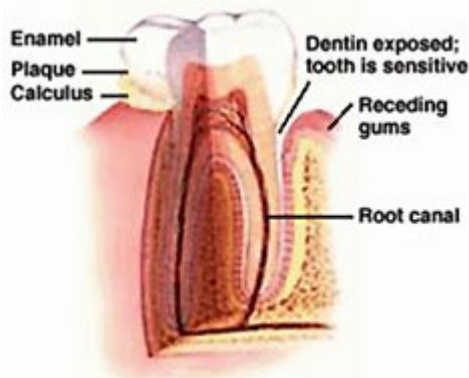


Sensitive Teeth

If you occasionally experience a sudden flash of pain, or a mild tingly feeling when you bite into sweet or sour foods, or drink hot or cold beverages, you may have **sensitive teeth**.

Pain from sensitive teeth is not always constant; it can come and go. Constant pain could be a sign of a more serious problem. It is important to discuss your symptoms with your dentist to determine the cause and proper treatment.



What Causes Sensitive Teeth?

In healthy teeth, porous tissue called **dentin** is protected by your gums and your teeth's hard enamel shell. When this protection is lost, microscopic holes in the dentin called tubules, allow heat, cold and other irritants to be transmitted back to the tooth nerve triggering pain. Dentin can be exposed by:

- Receding gums caused by improper brushing or gum disease.
- Fractured or chipped teeth.
- Clenching or grinding your teeth.
- Aging process.

TREATMENT



Depending on the diagnosis, your dentist may recommend one or more of the following treatments to relieve the symptoms of sensitive teeth:

- A **soft-bristle toothbrush**.
- A **special toothpaste** for sensitive teeth that can either block access to the nerve or make the nerve itself less sensitive.
- A **fluoride rinse** or gel for sensitive teeth, recommended by your dentist.

A sensitivity protection toothpaste usually takes several weeks to ease pain. Follow the instructions of your dental professional on the regular use of sensitivity protection toothpaste to keep pain from returning.

Be sure to follow the special home care instructions provided by your dental professional.

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